

Alternatives to Muffins with Mom and Doughnuts with Dad

Why is it important?

These events are a great opportunity for parents to spend time with their students in school, see what they are up to during the day, and meet their friends. At the same time, they are a great opportunity to extend the healthy eating and physical activity lessons that are being taught in classroom.

Alternative titles:

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| 1. Moving with Mom | 7. Dinner with Dad |
| 2. Mornings with Mom | 8. Fruits with Fathers |
| 3. Manicures with Mom | 9. Dad Day or Dad's Day |
| 4. Meal with Mom | 10. Parent's Day |
| 5. Mangoes with Mom | 11. Parent Involvement Day |
| 6. Dominoes with Dad (and other games) | |

Alternative activities that can be matched with these titles:

1. Hold an "art walk" where the kids display recent works of art. Parents can pay for entry into the show and/or buy pieces of art.
2. Have teaching moments where the kids can prepare and plan to teach their parents something new (they can make posters, prepare simple skits, etc).
3. Have kids present mom/dad appreciation items (a

